

AWSS RESERVES THE RIGHT TO
MAKE SUBSTITUTES WITHOUT
NOTICE
MENUS WITH MORE THAN
2300 MG OF SODIUM FOR THE DAY
(CONDIMENTS NOT INCLUDED)
1% MILK OFFERED AT EACH MEAL



Age Well®

Orange County's partner in aging

Home Delivered Menu

CHRIS HERNANDEZ, RDN
CONTRIBUTION: \$9.00
AGE WELL IS A NONPROFIT
ORGANIZATION. YOUR CONTRIBUTIONS
ARE APPRECIATED AND YOUR SUPPORT
PROVIDES MEALS TO OUR COMMUNITY
*ALL HAM PRODUCTS ARE PROCESSED
FROM TURKEY **PORK = PORK

MONDAY

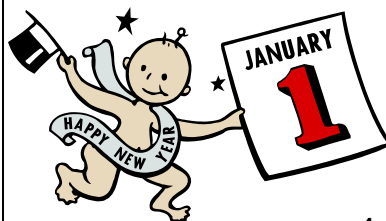
TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

January 2025



SPAGHETTI & MEATBALLS
SPINACH
CAULIFLOWER
VANILLA GRANOLA
GRAPE JUICE
**CHICKEN CHOW MEIN OVER
BROWN RICE**
PEAS
CORN
MIXED FRUIT

6

**BARBEQUE CHICKEN OVER
BROWN RICE**
SWEET POTATO
GREEN BEANS
WHEAT CRACKERS
APPLESAUCE
**FISH WITH MEXICANA SAUCE
OVER RICE**
CORN & ZUCCHINI
FRESH BANANA

7

**CHICKEN FRIED STEAK AND
COUNTRY GRAVY**
CORN AND BROCCOLI
WHEAT ROLL/MARGARINE
GRAHAM CRACKERS
ORANGE JUICE
**BEEF STROGANOFF OVER EGG
NOODLES**
CARROTS & PEAS
PINEAPPLE CHUNKS

1

ROAST BEEF & GRAVY
HASH BROWN POTATOES
SPINACH
WHEAT ROLL/MARGARINE
CINNAMON GRANOLA
PEACHES
**SWEET & SOUR CHICKEN
OVER BROWN RICE**
ORIENTAL BLEND VEG. & PEAS
APPLE JUICE

2

**LEMON ROSEMARY CHICKEN
OVER BROWN RICE**
CARROTS
BRUSSELS SPROUTS
PINEAPPLE CHUNKS
**SWEDISH MEATBALLS OVER
EGG NOODLES**
MIXED VEGETABLES
PEAS
FRESH ORANGE

3

PORK RIBLET
BROCCOLI
BROWN RICE
COLESLAW
WHEAT BREAD/MARGARINE
BLUEBERRIES
**CHICKEN CACCIATORE OVER
ROTINI**
SPINACH & MIXED VEGETABLES
APPLESAUCE

13

BEEF STEAK & ONION GRAVY
MASHED POTATOES
LIMA BEANS
WHEAT ROLL/MARGARINE
FRESH ORANGE
**SWEDISH MEATBALLS OVER
EGG NOODLES**
MIXED VEGETABLES & PEAS
WHEAT BREAD/MARGARINE
PEACHES

14

**CHICKEN PRIMAVERA OVER
ROTINI**
PEAS & MUSHROOMS
CARROTS
WHEAT CRACKERS & PEARS
CHEESE OMELET
SPINACH
CINNAMON APPLES
CARROT RAISIN SALAD
ENGLISH MUFFIN/MARGARINE

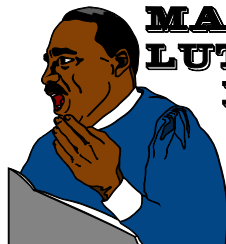
15

**CHICKEN CORDON BLEU OVER
BROWN RICE**
CALIFORNIA BLEND VEGETABLES
FRENCH CUT GREEN BEANS
FRESH APPLE
SPAGHETTI & MEATBALLS
CORN
PEAS
GRAPE JUICE

16

MEATLOAF W/TOMATO SAUCE
SWEET POTATOES
COLLARD GREENS
WHEAT ROLL/MARGARINE
PINEAPPLE CHUNKS
CHILI OVER BROWN RICE
PEAS
CORN AND CARROTS
WHEAT CRACKERS
FRESH BANANA

17



**MARTIN
LUTHER
KING
DAY**

20

SWISS STEAK AND GRAVY
BRUSSELS SPROUTS
CAPRI BLEND VEGETABLES
WHEAT BREAD/MARGARINE
FRESH BANANA
CHICKEN FETTUCCINI
PEAS
CARROTS
PEARS

21

**GLAZED TURKEY HAM IN
PINEAPPLE GLAZE SAUCE**
SWEET POTATOES & LIMA BEANS
WHEAT CRACKERS
FRESH APPLE
**BARBECUE CHICKEN OVER
BROWN RICE**
MASHED POTATOES & SPINACH
WHEAT BREAD/MARGARINE
PEACHES

22

**GRILLED CHICKEN & GRAVY
OVER BROWN RICE**
POTATOES O'BRIEN
CARROTS
WHEAT ROLL/MARGARINE
FRESH ORANGE
ROTINI IN MEAT SAUCE
MIXED VEGETABLES
ITALIAN GREEN BEANS
APPLE JUICE

23

SPAGHETTI & MEATBALLS
SPINACH AND ITALIAN BLEND VEG
WHEAT CRACKERS
PEARS
**CHICKEN WITH FAJITA
VEGETABLES**
BROWN RICE
MEXI CORN
GRAPE JUICE
VANILLA WAFERS

24

BEEF STEAK W/ ONION GRAVY
HASH BROWN POTATOES
BRUSSELS SPROUTS
WHEAT ROLL/MARGARINE
GRAHAM CRACKERS
FRESH APPLE
CHICKEN RANCHERO
SPANISH RICE AND PINTO BEANS
MIXED VEGETABLES
PEARS

27

**SANTA FE CHICKEN OVER
BROWN RICE**
BROCCOLI
STEWED TOMATOES
CINNAMON APPLESAUCE
BREADED FISH FILETS
CUBED POTATOES
MIXED VEGETABLES
WHEAT ROLL/MARGARINE
FRESH BANANA

28

BBQ BEEF
BAKED BEANS
HASH BROWN POTATOES
WHEAT BREAD/MARGARINE
WHEAT CRACKERS
MIXED FRUIT
CHICKEN IN GRAVY OVER RICE
BROCCOLI & SWEET POTATOES
WHEAT ROLL/MARGARINE
FRESH ORANGE

29

ROTINI IN A MEAT SAUCE
ITALIAN BLEND VEGETABLES
SPINACH
FRESH BANANA
POUND CAKE
**MUSHROOM CHICKEN OVER
BROWN RICE**
BROCCOLI AND CAULIFLOWER
WHEAT BREAD/MARGARINE
PEACHES

30

**CHICKEN FETTUCCINI IN
ALFREDO SAUCE**
LIMA BEANS
HARVARD BEETS
PEARS
CHILI
PEAS AND CORN WITH CARROTS
WHEAT CRACKERS
WHEAT ROLL/MARGARINE
MIXED FRIUT

31

All meals comply with the Dietary Guidelines for Americans (DGA) 2020-2025 & Dietary Reference Intakes (DRI) for older adults as determined by the California Dept. of Human Services Agency & the U.S. Depart. of Agriculture.
Age Well may substitute a menu with equal nutritional value due to food price or food availability. This project is funded in part through a grant from the California Department of Aging, as allocated by the Orange County Board of Supervisors & administered by the Office on Aging.

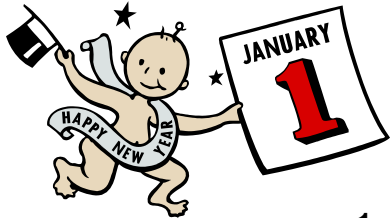
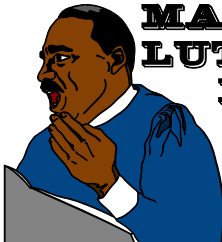
MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<h1>January 2025</h1>			<p>FRENCH TOAST SYRUP MARGARINE ORANGE JUICE LOW FAT MILK</p>	<p>OATMEAL ALMONDS AND RAISINS ENGLISH MUFFIN/JELLY MARGARINE ORANGE JUICE LOW FAT MILK</p>
		1	2	3
<p>SCRAMBLED EGGS WHEAT BREAD/MARGARINE JELLY ORANGE JUICE LOW FAT MILK</p>	<p>OATMEAL ALMONDS AND RAISINS WHEAT BREAD/MARGARINE JELLY ORANGE JUICE LOW FAT MILK</p>	<p>FROSTED MINI-WHEATS WHEAT BREAD/MARGARINE JELLY FRESH APPLE LOW FAT MILK</p>	<p>CHEERIOS ENGLISH MUFFIN/JELLY MARGARINE ORANGE JUICE LOW FAT MILK</p>	<p>WAFFLES SYRUP MARGARINE ORANGE JUICE LOW FAT MILK</p>
6	7	8	9	10
<p>OATMEAL WHEAT BREAD/MARGARINE JELLY ORANGE JUICE LOW FAT MILK</p>	<p>BAGEL PEANUT BUTTER JELLY MARGARINE ORANGE JUICE LOW FAT MILK</p>	<p>BRAN FLAKES ORANGE JUICE LOW FAT MILK</p>	<p>CHEERIOS WHEAT BREAD/MARGARINE JELLY ORANGE JUICE LOW FAT MILK</p>	<p>WAFFLES SYRUP MARGARINE ORANGE JUICE LOW FAT MILK</p>
13	14	15	16	17
 <p>MARTIN LUTHER KING DAY</p>	<p>BAGEL PEANUT BUTTER JELLY AND MARGARINE BRAN FLAKES ORANGE JUICE LOW FAT MILK</p>	<p>FRENCH TOAST SYRUP MARGARINE ORANGE JUICE LOW FAT MILK</p>	<p>CHEERIOS VANILLA GRANOLA BLUEBERRIES YOGURT LOW FAT MILK</p>	<p>SCRAMBLED EGGS WHEAT BREAD/MARGARINE JELLY FRESH ORANGE LOW FAT MILK</p>
20	21	22	23	24
<p>BAGEL PEANUT BUTTER JELLY MARGARINE ORANGE JUICE LOW FAT MILK</p>	<p>RAISIN BRAN ENGLISH MUFFIN/JELLY MARGARINE ORANGE JUICE LOW FAT MILK</p>	<p>CHEERIOS APPLE JUICE LOW FAT MILK</p>	<p>SCRAMBLED EGGS ENGLISH MUFFIN/JELLY MARGARINE ORANGE JUICE LOW FAT MILK</p>	<p>FRENCH TOAST SYRUP MARGARINE ORANGE JUICE LOW FAT MILK</p>
27	28	29	30	31